

Welfare At Brasenose

Hello from the Welfare Team!

Together with our welfare committee, we run college events to get the BNC family together. This can vary from film nights, to bringing in petting alpacas for an afternoon, and more often than not it involves giving out free food. The welfare team is made up of trained students and staff, and we are always available for a coffee or a chat. If you have any worries at all— big or small— we're always about, and can signpost you to any professional help or just provide a listening ear.



Welcome to the Brasenose family, and congratulations on receiving your offers! We are Veronica, Emily, and Josh— your college welfare reps— and we're here to help support you through your time at Oxford. As you will come to learn, a lot of this revolves around providing you snacks at various times :)

Our team are here to help make your transition into uni life as smooth as possible and to make your Oxford days the best they can be. We send out weekly welfare emails to keep you up to date with what's going on in college and what mental health resources are available to you, as well as putting up posters around college. Below is some more information about the structure of college welfare and the events we put on.

Welfare Provisions:

Welfare Teas

Twice a week there is a Welfare Tea! These are get-togethers in social spaces (often outside in the summer) where we provide a whole variety of food. Although the snacks are obviously the priority ;) Welfare Teas are also a great chance to socialise and take a break from a busy day. Can't wait to see you there!

Peer Support Drop-Ins

Peer support drop-ins are a safe space where you can talk through any problems or worries you're having, no matter how big or small. Maybe you're feeling quite lonely trying to navigate the big world of university or feel particularly stressed about your new workload. Or maybe you just want to have a biscuit and a chat to break up your study sesh! They take place twice a week, and their time and location will be posted on the JCR Facebook page and in that week's welfare email.

Peer Supporters are students who have had 24 hours of formal training and regular meetings with a supervisor, who is a trained mental health professional, to build up their active listening skills (that includes us!). All conversations with them are confidential, and whilst they may not be able to provide solutions, the sessions are a great place to offload stuff. We often find that you can figure things out just by saying them out loud with someone. Peer supporters are also up to date on the welfare resources the university and college can provide, and can signpost you toward the appropriate people.

Outside of these sessions, you're always welcome to message a peer supporter and organise a time that works for you both. We find it especially helpful to go for a welfare walk if you can't make a peer support drop-in, where you can grab a (free!) coffee with a peer supporter and talk through whatever might be troubling you.

Brasenose has a particularly big team of Peer Supporters so the person running the drop-in session will usually vary, giving you a chance to get to know more of our college community or find a member of the team that you are most comfortable talking to!

Yoga Sessions

We run a free weekly Yoga session alternating between Wednesday and Monday every week! They are suitable for every level, so if you find yourself in need of a wind-down please come along.

Fairies

Yes. Fairies are real. And — as it is well known— they deliver flowers and chocolates to the pidge (your pigeonhole in the porters lodge!) of a friend in need on request. Fairies make use of a google form to take requests, allowing you to send a message along with your gift, and best of all, it is all done anonymously >:) These fairies visit once a term, with the flower delivery usually falling around Valentine's Day for all you love birds out there.

Welfare Week

A recent addition to the welfare roster is welfare week! This is a whole week filled with different welfare-themed events, with the main goal of making people happy :) Last term we held our first ever welfare week to great success— it included friendship bracelet making, a charity pub quiz, and an afternoon visit from some petting alpacas. This week will usually run in the 5th week of each term (just over halfway through). We're always looking for ways to improve welfare week, so if you have any ideas/requests for events, we'd love to hear them; again, look out for a google form!

Sexual Health Provisions

Contraception, pregnancy tests, and dental dams can be requested from us, for free, at any time. Just fill in our welfare form (there will always be a link in the email, and it is pinned on the JCR Facebook page!) or send us an email/message. We can cater to any specific requirements (i.e latex-free, flavoured (?) etc) and we'll post them in your pidge confidentially/ leave them anonymously in a specific place in college ASAP. Additionally, we now have boxes of contraception in the JCR, so you are able to quickly and discreetly collect it any time without having to put in an order. Our wonderful Women*s officer, Lily, is in charge of sanitary products and pregnancy tests, which can be ordered for free in a similar way.

All of this (and more!) will be broken down as and when it happens in our weekly welfare emails, which are usually sent out at the start of each week, and we will be present during freshers' week to introduce ourselves and explain anything that might have slipped through the cracks.

We can't wait to see you all, and hope that we will be able to make Brasenose feel like a home all the faster when you arrive!

Sending humongous waves of welfare love, Veronica, Emily, and Josh

Some pics of some welfare fun!



Contact details:

You can email Veronica Corielli, Emily Jones, and Josh Sneddon through the shared welfare email – Jcr-welfare@bnc.ox.ac.uk

You can also contact us individually through Facebook messenger, or our personal emails (Veronica.corielli@bnc.ox.ac.uk, Emily.jones@bnc.ox.ac.uk, and Joshua.Sneddon@bnc.ox.ac.uk) or use the anonymous feedback forms attached to our emails.

We also have a welfare Instagram account that you can follow to keep you in the loop about the welfare events we're running and who is part of the welfare committee! You can follow it at @bnc_welfare 😊

Some other key points of contact:

Porters lodge: 01865 277 830

Night Porters Mobile: 07710916095

College Nurse- college.nurse@bnc.ox.ac.uk

The GP- Dr Leaver and Partners x Jericho Health Centre- 01865 311234

Rainbow Peers are a university-wide group of peer supporters who identify as LGBTQ+. They provide the same confidential listening and support as other peer supporters, so you can contact them about any issue, and especially if you want to talk about something LGBTQ+ related. If you want to talk to a Rainbow Peer, then feel free to email rainbowpeers@admin.ox.ac.uk

Peers of Colour are a university-wide group of peer supporters who identify as BAME. They provide the same confidential listening and support as other peer supporters, so you can contact them about any issue, and especially if you want to talk about issues pertaining to being a person of colour. If you want to talk to a Peer of Colour, then feel free to email peersofcolour@admin.ox.ac.uk